

The Best Way To Find Your Childs Long Lost Pet...

A million dogs and cats disappear every year in the United States, leaving behind heartbroken children. But a new university study has come up with the most effective ways to save your runaway pal.

Dr. Linda Lord, an assistant professor at Ohio State's College of Veterinary Medicine, says, "We hope our findings will help reunite owners with their missing pets." Dr. Lord top priority is prevention, which is to get your pet either a collar tag or an embedded microchip.

"That's the quickest way to get back a pet," said the expert. "If a cat won't tolerate a collar, or the owner thinks it might get hung up on a collar, then go for a chip. Even indoor cats need either a collar or a chip. "In our study, 40 percent of cats were indoor cats, but somehow they still got out and got lost." **Here's what to do after your pet becomes lost:**

(Continues on page 2)

March Events

March 2: Red Cross American Day
March 6: Eastern Orthodox Lent Begins
March 11: Day Light Savings
Time Begins
March 17: St. Patrick's Day
March 20: Spring Begins
March 1-31: Irish-American Heritage
Month

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We sincerely love sharing our monthly publication with all our good friends and clients who tell us how much they enjoy receiving our newsletter. Now you can give a FREE subscription to a close friend, family member, or co-worker simply by calling our office at **(847) 854-7700** and giving our staff the person's name and mailing address.

We will send them a welcome letter along with the first issue letting them know that you gave them a free subscription to our monthly "**TidBits for Today**" publication. This is a wonderful idea to help your friends and loved ones enjoy the most out of life.

WARNING:

What Every Soccer Mom Needs To Know...

Children's soccer can be dangerous, and important steps should be taken to make it safer, say experts. In a review of national medical records, researchers found a whopping 1.6 million soccer-related injuries to children and teens from 1990 to 2003.

Girl soccer players had more injuries than boys, but boys are twice as likely to be hospitalized for their injuries. Overall, the major diagnoses were sprain/strain (35.8%), contusion/abrasion (24.1%), and fracture (23.2%). There were more sprains and strains as players got older, but concussions were the most common injuries in players 15 to 18 years old.

Children 2 to 4 were most likely to suffer face or head and neck injuries. Still, says co-author Christy Knox of Columbus Children's Hospital, soccer is relatively safe compared to contact sports like football. The experts recommend that very young children in soccer be closely supervised because of their high risk of head injury and that heading the ball should be minimized among young players.

David N. Rechenberg just won a 1.4 million dollar Police Disability Pension case, that went to trial last month. To say his client was very pleased with the result is an understatement. Make sure to hire David N. Rechenberg for your next case!

What's So Special About March? First Day of March, March 1st.

According to the Naturalist's Almanac, the saying "in like a lion, out like a lamb" first appeared in an English play in 1624. According to one observer, over the past five years March has come in like a lion 71% of the time and has gone out like a lamb 83%.

St. Patrick's Day, March 17th

On this day, many wear green because it is the national color of Ireland, the color of the Shamrock, and a sign of spring. They don green shirts, ties, hats, and hair ribbons. Tradition holds that those who don't wear green must be pinched.

Continued...

The Best Way To Find Your Childs Lost Pet...

1. Take immediate action after your pet disappears. Walk around the neighborhood, and knock on doors. Put up flyers in the street, at your local supermarket and anywhere there's a bulletin board. **"Around 70 percent of missing dogs are found within a mile of their home,"** says Dr. Lord.
2. Call your local police department: Many are sympathetic and can be helpful.
3. Make a list of all local animal shelters so you can check for your pet as soon as it is missing. Return to the shelter every couple of days. "Go personally, don't just call and say you've lost a black cat. They've probably got 20 calls," says Dr. Lord. "And don't go just once a week. Sadly, some lost pets without ID are put to sleep, and you might miss the time frame if you don't visit regularly."
4. Contact your local veterinarians. Sometimes Good Samaritans take stray or injured pets to vets' offices.

(Continues on page 3)

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our law firm to their friends and neighbors last month! Our practice is built based on positive comments and referrals from people just like you. We just couldn't do it without you. Please keep the referrals coming!!

Home Remedies Than Can Help You Win The Cold War

Some extraordinary home remedies for the common cold are nothing to sneeze at. Your kitchen cabinet already holds many of the items that will help get you back on your feet quickly and at little expense.

"Grandma knew best when she gave you chicken soup for a cold," declared Dr. Mary L. Hardy, director of the Cedars-Sinai Medical Center's Integrative Medicine Medical Group in Los Angeles.

"Many folk remedies handed down for generations really work. They are very effective, safe, gentle, inexpensive and easy to find." When a cold's got you down, try these simple steps:

- ✓ **DRINK water.** "Water hydrates your entire body and helps other remedies work better," said Dr. Hardy, a board-certified internist.
- ✓ **TAKE the immune-stimulating** herbs echinacea, astragalus and andrograp his paniculata (sold under the brand name Remdex).
- ✓ **TRY herbal germ-killers** such as garlic, golden-seal, and ginger. Garlic is best eaten raw.
- ✓ **TAKE zinc.** It helps boost your immune system and can help reduce the duration of colds.
- ✓ **USE hot spices like cayenne,** curry and chilies, which help loosen mucus plugging the head.
- ✓ **SIP CHICKEN SOUP.** "The hot liquid helps clear the sinuses, and the onion and garlic boost the immune system," Dr. Hardy explains.
- ✓ **THIN mucus with the spice fenugreek.** You can buy it as a whole spice, in tea or in capsules.
- ✓ **ENJOY tea with honey and lemon.** The tea helps heal raw areas in the throat, and the honey and lemon help relieve dry coughs. *(continues on*

Know a friend who was arrested for DUI? Offer them great advice! Tell them to call David B. Franks at (847) 854-7700 NOW !

A New Natural Weight Loss Supplement Can Help You Drop One Pound Per Week

A remarkable new diet supplement developed with the aid of the U.S. Dept. of Agriculture promises to shed unwanted pound.

Z Trim is a grain based, calorie free, high-fiber additive designed to increase fullness and decrease appetite as well as replace fat, calories and sugar in processed foods.

The product is available in capsules as an appetite control supplement and in gel form as a natural replacement for butter, oil and fat in cooking. It lowers calories from fats up to 50 percent in most foods without negatively affecting taste or texture.

And test with the Z Trim capsules found that people can lose about a pound a week simply by taking it before meals, with no gastrointestinal side effects.

“It’s about a more sensible way to prepare all our favorite foods, while reaping sustainable health benefits,” says Greg Halpern, head of the Z Trim company.

Mission Statement

It the mission of Franks & Rechenberg, P.C. to continuously earn our reputation as a pre-eminent local law firm by always providing our clients with responsive, zealous, cost-effective and highly competent legal service and representation, in a professional, courteous and respectful manner.

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Why Some Inanimate Things Are Considered Male Or Female

- **Swiss Army Knife: MALE**, because even though it appears useful for a wide variety of work, it spends most of it’s time just opening bottles.
- **Web Page: FEMALE**, because it’s always getting hit on.
- **Ziploc Bags: MALE**, because they hold everything in, but you can always see right through them.
- **Copier: FEMALE**, because it is an effective reproductive device when the right buttons are pushed, but can wreak havoc when the wrong buttons are pushed.
- **Hammer: MALE**, because it hasn’t evolved much over the last 5,000 years, but it’s handy to have around and is good for killing spiders.

Continued...

The Best Way To Find Your Childs Lost Pet...

5. Put an ad in your local paper’s lost and found section. People finding lost pets sometimes look there.
6. Check missing pet sites on the internet. PetFinder.com is one of the newer sites that can help you locate your lost pet.
7. If your dog or cat has a microchip, keep contact information up-to-date with the chip company.
8. Make sure to clip this article so you can use it as a reference just in case your pet runs away.

Remember, the key to getting your child’s pet back safely, is knowing what to do in advanced, and then tacking action quickly.

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The Cooking Corner...For March

GRILLED SHRIMP! No need to fire up the grill when you panfry this “grilled” dish!

Preparation time: Marinating time: 4 hours.
Cooking time: 15 minutes. Serves 6 – 8 people.

- ✓ 1 to 1 ½ lbs. shrimp
- ✓ 2 lemons
- ✓ 3 or 4 cloves garlic, peeled and thinly sliced
- ✓ ½ tsp. Salt
- ✓ lettuce leaves, rinsed and crisped
optional pepper

RINSE shrimp and place in bowl. Cut 1 lemon into wedges and squeeze juice from them over shrimp; mix well. Cover and chill at least 4 hours or up to 1 day, stirring occasionally. Discard lemon wedges. Cook in large nonstick pan with garlic and stir often until opaque but still moist-looking in center of thickest part (cut to test), about 5 minutes. Transfer to lettuce-lined plate. Cut remaining lemon into wedges; arrange around shrimp. To eat, peel shrimp and add juice from lemon wedges, then salt and pepper to taste.

Nutrition per serving: calories 51, fat 0.8 grams, sodium 213 mg.

From SUNSET RECIPE ANNUAL, 2000 Edition by the Editors of Sunset Magazine.

Inspirational Thoughts For March Positive Thinking Everyday...

By Norman Vincent Peale

- ◆ *There is nothing at all wrong with having money unless money has you.*
- ◆ *Resentment or grudges do no harm to the person against whom you hold these feelings, but every day and every night of your life they are eating at you.*
- ◆ *When a problem comes along, study it until you are completely knowledgeable. Then find that weak spot, break the problem apart, and the rest will be easy.*
- ◆ *Faith plus dynamic dreams plus working at it is a go-ahead formula that gets you where you want to go!*

CHEERS...

A Trip To The Neighborhood Tavern Is Good For You, Guys!

HERE'S to your health!!! Forget therapy and tranquilizers, guys - a trip to the neighborhood tavern is just as good for beating stress and depression.

That's the surprising findings of a new study of 900 men by Dr. Colin Gill of Leeds University in England, who says conversation and companionship in bars actually help keep men healthy.

“Men need breakout time as much as women do and are mentally healthier for it,” said Dr. Gill, who concluded men should be encouraged to put in some beneficial pub time.

Just remember, NOT to drink and drive. Call a friend or call a cab to pick you up.

FREE...FREE...FREE! We Now Have FREE SPECIAL REPORTS Available To Answer Most Of Your Legal Questions...

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In fact, we've published several Special Reports that you can request at no obligation by calling our office **24 Hours A Day** and leaving a message on our office voice mail.

ARRESTED FOR A CRIME? Don't know where to turn? Help is just a phone call away ! Call Franks & Rechenberg, P.C. at (847) 845-7700.

How To Stop That Credit Card Junk Mail In Seconds...

If "PRE-APPROVED" credit offers drive you up the wall, a simple phone call can end them once and for all in a matter of seconds.

You get those annoying come-ons in the mail because credit bureaus sell your vital personal information without requesting your consent.

The information includes name, address, phone number, birth date and Social Security number, everything necessary to start soliciting you.

But you can demand credit bureaus stop selling your vitals. When you do, the junk credit offers will stop. There's a toll-free number just for that purpose **1 (888) 567-8688**.

Continued...

How To Conquer Anxiety Attacks Naturally and Get Control of Your Life...

If you have trouble sleeping, try herbal help from valerian root, kava root, or soothing teas such as peppermint or chamomile. Afternoon naps can also have a wonderful anxiety banishing effect if you have the time to indulge yourself.

Try the following stress-fighting supplements daily to strengthen the nervous system, reduce anxiety, and reduce the risk of panic attacks:

Vitamin B-complex, 200 mg.

Beta-carotene, 15,000 I.U.

Vitamin C, 1,000 to 2,000 mg.

Vitamin E, 400 I.U. daily

Magnesium, 100 to 300 mg.

Calcium, 800 to 1,500 mg.

Potassium, 100 to 300 mg.

Zinc, 15 to 30 mg.

Chromium, 200 to 400 mcg.

Manganese, 20 mcg.

Selenium, 50 to 150 mcg.

Here's A Great Recipe...For Richard Petty's Angel Food Cake!

The NASCAR legend wheels into the kitchen to share a favorite dessert.

Preparation time: about 20 minutes. **Baking time:** 75 minutes. **Serves:** 10 to 12.

1½ cups egg whites

1 tsp. cream of tartar

1 cup sugar

¼ tsp. salt

1 tsp. vanilla

1 cup flour

BEAT egg whites until foamy, add cream of tartar and other ingredients; beat until stiff, but not dry. Bake in angel food pan at 325 degrees for 1 hour and 15 minutes or until browned.

From the book **CELEBRITY CHEFS OF COUNTRY MUSIC & MOTORSPORTS**.

Insuring Fido

Every year, insurance companies spend more than \$300 million on claims to cover injuries from dog bites. Most of the claims fall under a homeowner's policy. But now insurers are starting to ask owners of notorious breeds to prove that their animals don't bite if they want to include their pet in the household's policy.

Pit Bulls, Rottweilers, German Shepherds and Huskies are the breeds most frequently linked to attacks and top the list of dogs needing to prove their friendliness. Some companies will insure the dogs without proof if the owners have a high-fenced yard. Other insurers, like Nationwide, will not insure any threatening breed.

If your dog already has a rap sheet, you may be unable to get insurance or will have to pay steep surcharges (between \$600 and \$2,000 a year). Even if your dog is not a threat, you should double-check your coverage, as some policies refuse to cover dog bites.

DO YOU HAVE A WILL? If not call Franks & Rechenberg, P.C. to schedule an appointment for a Will; Durable Health Care Power of Attorney and Living Will.

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Folic Acid...Not Just For Pregnant Women Anymore

Folic acid was first prescribed to pregnant women to help prevent birth defects. It's now been found to fight heart disease as well. Homocysteine concentration rises gradually in both men and women as we age, probably because of folate and B vitamin deficiencies.

The link between cardiovascular disease and plasma homocysteine levels is strong in older people. You can decrease homocysteine levels by including 400 mcg of folic acid a day.

A Word Of Thanks...And A Great BIG Welcome To Our Family!

I would like to welcome the following new clients to our firm and "Thank You" for being our client. If you would like to receive a FREE Auto Accident Handbook just call our office at (847) 854-7700 When you call for your booklet, make sure to get one for each car in your family. It's a great idea to have one in every car.

DIABETICS! Rice Bran Can Help Control Your Diabetes!

Good news for diabetics- a new supplement made from rice bran can help control blood sugar and decrease the need for medications.

Called RiSolubles, the powdered supplement is consumed twice a day after mixing it with water or juice. In clinical trials involving both insulin-dependent and non-insulin-dependent diabetics, RiSolubles lowered blood glucose levels and in many cases reduced the need for insulin injections and other medications. For more information go to www.NutraStar.com on the Web.

"Watch a Great Movie This Weekend...Bill Harris Tells You What's HOT And What's NOT!"

Hollywood movie reviewer Bill Harris of cable's E! Entertainment Television has spent years on ShowTime, "Entertainment Tonight" And "At The Movies." His syndicated radio show features air nationwide. NOW, TV's number one authority presents his written review.

The Number 23 (PG)

This psychological thriller could change your life, like **Jimmy Carrey's** was changed years ago...when he learned about "the 23 Enigma." The theory that all incidents and events are directly connected to the number 23. "I drive my friends crazy with it," he tells us admitting he was at first "freaked out by the script." In the movie, Jim leaves comedy behind.

Wife **Virginia Madsen** gives him a novel (titled "The Number 23") he doesn't dare put it down. It seems to have been written about his life and has details about a murder he's afraid he may be about to commit as nightmarish fantasies come to haunt him. Jim plays the dark detective from the novel as well...as Carrey carries both roles.

The Astronaut Farmer (PG)

Billy Bob Thornton calls this people-pleasing pic "my Jimmy Stewart movie - my 'Mr. Smith goes to Washington.'" He's a space program dropout who years later becomes a hero when he decides to shoot for the moon with a rocket he builds on the ranch he shares with **Virginia Madsen**.

Oh, and turns out if you order 10,000 pounds of rocket fuel, the FBA comes to visit. So does the media. a flick that he says gives more "face time" to the dogs than him!

David N. Rechenberg will get you the big money from your personal injury case! Call today to schedule an appointment for a free audit of your case!

Car Maintenance Tips

Consumer expert Des Toups says that if you own a vehicle that is three or more years old, it's a good idea to set aside \$50 a month for maintenance and future repairs. "A rebuilt transmission costs \$1,500; replacing timing belts runs to \$600," he says.

"Even if you've paid off your vehicle, it's smart to have the savings to cover emergency repairs. If you're lucky enough never to use that money, you can apply those funds towards the next car."

9 Important Safety Tips to Remember!

If you're ever in a car accident here are some important safety tips that can save your life and protect your family during a serious car accident. Remember, "Safety" FIRST!

1. **Don't make any sudden moves** to your head and neck. You may have sustained a serious injury that could be aggravated by sudden movements.
2. Turn the engine off **IMMEDIATELY!**
3. Make sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.
4. If you have small children in the car make sure that they're OK.
5. If you have a cell phone **call 911** for help.
6. If you smell gas fumes get out of your car at once.
7. **Before getting out of your car make sure that no other car is coming.**
8. If you're OK to get out of your car check on the other driver.
9. You should have an auto accident handbook in your glove box at all times. **(If you don't have an auto accident handbook, please contact our office and we'll send you one for FREE.)**

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Congratulations To Our Client of The Month!

Every month, we choose a very SPECIAL client. It's our way of acknowledging our great clients and saying thanks to those who support our firm by telling others about us.

This month's Client of the Month is **Peter Bauers**. We're treating Peter and his lovely wife to the movies!

Keep A Low Profile When Touring

Planning to rent a car on your next vacation? Try not to advertise the fact that you're a tourist, which could make you an attractive prey to thieves.

- Request a model that's popular in the area you're visiting. (Ask the clerk at the rental agency for a clue.)
- Don't bother to get the car washed, a little dust or mud will help you blend right in with the locals.
- When you park, keep maps, brochures, guidebooks and bags locked in the trunk. Buy a local paper and leave it on the seat to look more like a "native."
- Ask the rental agent whether there are certain neighborhoods it would be best to avoid.
- Keep doors locked and windows up while driving.

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I would like to welcome all the new clients to our firm and "Thank You" for being our client. If you would like to receive one of our squiggle pens just call our office at (847) 845-7700. Everyone needs an extra pen !!

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is a FREE monthly newsletter from your friends at

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The *Answers* To These And Many Other
Questions Are Inside The March 2007 Issue!